

A HEART HEALTHY EATING PLAN

Limit how much saturated fat, trans fat and cholesterol you eat. These fats are usually found in meat and dairy foods and products that are commercially baked and fried.

Choose lean meats and poultry without skin

Remove all visible fat and skin from meat and poultry before cooking.

Choose white meat most often when eating poultry.

Grill, bake or broil meats and poultry.

Cut back on processed meats that are high in saturated fat and salt.

Select fat-free, 1 percent fat and low-fat dairy products.

Use liquid vegetable oils and soft margarines in place of hard margarine, shortening or lard.

Limit cakes, cookies, crackers, pastries, pies, muffins, doughnuts and French fries made with partially hydrogenated or saturated fats.

Try to eat less than 300 mg of cholesterol each day. Some cholesterol-containing foods include eggs (about 200 mg per yolk), shellfish (50 to 100 mg per ½ cup), “organ” meats such as liver (375 mg per 3 oz) and whole milk (30 mg per cup).

Cut back on beverages and foods with added sugars.

Read the ingredient list. Choose items that don’t have added sugars in their first four listed ingredients.

Prepare foods with little or no salt. Compare the sodium/salt content of similar products (for example, different brands of tomato sauce) and choose the products with less salt.

Limit high-sodium condiments and foods such as soy sauce, steak sauce, Worcestershire sauce, flavored seasoning salts, pickles and olives.

Replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.

Aim to eat less than 2,300 mg of salt per day. Some people — African-Americans, middle-aged and older adults and people with high blood pressure — need less than 1,500 mg per day.